

# June 2017

## Group Exercise, SilverSneakers®, Silver&Fit®, and Active&Fit®

All group exercise classes are free for TLRC members. Membership is NOT required to join a class; however, registration fees apply for non-members. For more information, visit the TLRC front desk or [bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC).  
**Group Exercise trial week for Summer I session—try any class for free June 5–11. The Summer I session runs through July 16.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 a.m.		SilverSneakers® Circuit		SilverSneakers® Circuit		
9 a.m.						Yoga Core Run/Walk X-Train
9:30 a.m.	SilverSneakers® Circuit Pickleball	Turf Time for Toddlers SilverSneakers® Classic	SilverSneakers® Circuit Pickleball	Turf Time for Toddlers SilverSneakers® Classic	Pickleball	
10:30 a.m.	SilverSneakers® Yoga	SilverSneakers® Yoga	SilverSneakers® Yoga	SilverSneakers® Yoga		ZUMBA® Gold
5:30 p.m.	Vinyasa Flow I Cardio Kickboxing	Yoga Stretch	Pilates R.I.P.P.E.D.			
6:45 p.m.	Vinyasa Flow II ZUMBA®	Core 360	Beginning Yoga Boot Camp	Core 360 ZUMBA®		

### INSURANCE-BASED MEMBERSHIP OPTIONS



The TLRC is now an Active&Fit® participating facility. Active&Fit® is an exercise and fitness

program designed to help you achieve better health through regular exercise. Active&Fit® provides eligible members with no- or low-cost fitness memberships.

If your health plan offers Active&Fit® and you would like more information about the TLRC, please contact the front desk or call 812-349-3720.

You may also visit Active&Fit® at [www.ActiveandFit.com](http://www.ActiveandFit.com). Active&Fit® is a federally registered trademark of American Specialty Health Incorporated.



SilverSneakers® is the premier fitness program provided at no cost by more than 70 health

plans nationwide. If you qualify, your TLRC membership is free!

**SilverSneakers® Circuit**—Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout.

**SilverSneakers® Classic**—Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living.

**SilverSneakers® Yoga**—Move your whole body through a complete series of seated and standing yoga poses.



The Twin Lakes Recreation Center is now a Silver&Fit® participating fitness facility! Silver&Fit® is designed

specifically to help older adults achieve better health through regular exercise and health education. Silver&Fit® provides eligible members with no-cost or low-cost fitness memberships.

If your health plan offers Silver&Fit® and you would like more information about the TLRC, please contact the front desk or call 812-349-3720.

You may also visit Silver&Fit® at [www.SilverandFit.com](http://www.SilverandFit.com). Silver&Fit® is a federally registered trademark of American Specialty Health Incorporated.



1700 W. Bloomfield Rd.  
812-349-3720

**Summer Hours June 1–September 1:**

Mon.–Fri.: 6 a.m.–9 p.m.

Sat.–Sun.: 7 a.m.–9 p.m.



[btownparks](https://www.instagram.com/btownparks)



[Twin Lakes  
Recreation Center](https://www.facebook.com/TwinLakesRecreationCenter)

**[bloomington.in.gov/TLRC](http://bloomington.in.gov/TLRC)**

# June 2017

The Lower Level is open Monday–Friday from 8 a.m.–3 p.m.  
It is closed Saturday and Sunday except for reservations and scheduled activities.  
When the TLRC is only open 7 a.m.–1 p.m., the Lower Level is closed.

FREE, ONGOING PROGRAMS FOR ADULTS (ages 50 yrs. and up)					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>9 a.m.</b>	Steady Steppers		Steady Steppers		Steady Steppers
<b>9:30 a.m.</b>		Lap Quilting			
<b>11:45 a.m.</b>			Tai Chi Qigong		
<b>1:30 p.m.</b>			International Folk Dance		Advanced German*

Participation in these programs is free and TLRC membership is not required. For more information about programs and services for adults, call 812-349-3720.

\*Advanced German does not meet June–August.

## ADDITIONAL ACTIVITIES

### Breakfast Bash

June 22

8:30–10 a.m.

Registration required.

Call 812-349-3720

to register.

*Sponsored by  
Hearthstone Health Campus*

### Legal Counseling

June 5 • 3 p.m. • *FREE*  
by Atty. Tom Bunger  
Call 812-349-3720  
to register.



### Pickleball

M, W, F • 9:30 a.m.–1 p.m.  
Court 4

TLRC membership  
or purchase of a  
daily admission  
pass is required  
to participate.



### Excel Tae Kwon Do

**Beginner—**

Tuesdays and Thursdays, 5:30–6:30 p.m.

**Advanced—**

Tuesdays 6:45–7:45 p.m. and  
Thursdays, 5:30–6:30 p.m.

June 6–July 13 • For all ages.  
\$45 • Register by June 11.

*This class focuses on coordination,  
discipline and self-confidence in a fun  
and safe environment. Excel TKD is  
taught by Master Emeline O'Connor,  
a 4th-degree black belt with more than  
20 years of experience.*

**TWIN LAKES  
RECREATION  
CENTER**  
CITY OF BLOOMINGTON  
PARKS AND RECREATION

1700 W. Bloomfield Rd.  
812-349-3720

### Summer Hours June 1–September 1:

Mon.–Fri.: 6 a.m.–9 p.m.

Sat.–Sun.: 7 a.m.–9 p.m.



btownparks



Twin Lakes  
Recreation Center

**bloomington.in.gov/TLRC**